



SENIOR SPARKS

VOLUME 38 ISSUE 8 MANSFIELD SENIOR CENTER ASSOCIATION, INC. AUGUST 2012
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262, ext. 5

* President: Rita Braswell * Vice President: Jean Ann Kenny * Secretary: Beverly Gotch * Finance Officer: Don Stitts * Treasurer: Wilfred Bigl
* Asst. Treasurer & Sparks Manager: Kathy Rule * Travel: Judy Bigl * Ways & Means Co-Chairs: Alma Maldonado-Cordner & Toni Drescher * Program Planning: Estelle Elliott * Member-at-Large: Sam Gordon * Computer Co-Chairs: Mike Palmer & Don Stitts

The Mansfield Senior Center
Association proudly presents a



Craft & Collectables Fair

Saturday, September 15th
9:00 AM to 2:00 PM
at the
Mansfield Senior Center

Refreshments will also be available for sale.

If you are interested in renting a table(s)
as a vender (tables are \$20.00 each),
please call 860-429-1685 or 860-456-2570
for further information.

The Mansfield
Senior Center
is proud to
present

“Celticity”



Wednesday, August 15th
12:45 PM, following a special lunch.

Cost for lunch and program is \$10.00,
payable with reservation to MSCA.
(Deadline: August 9th, 4:00 PM)

*Come to hear cutting-edge artistry,
passion, and a contemporary touch
to traditional Celtic music.*

September is “National Senior Center Month”

The Mansfield Senior Center will be holding a celebration
the week of **September 10 through 15.**

*Please read Cindy’s article on page 2 to read more about
the spectacular coming events for the **WHOLE** week!*

*A Note from Cindy Dainton,
Senior Center Coordinator*

This month I am going to stray away from what is expected. I am not going to talk about what is going on at the Senior Center in August, but rather refer you to the rest of the newsletter. Although some programs do not meet during the summer, there is still a great deal of activity at the Senior Center.

September is National Senior Center month. The Mansfield Senior Center will be celebrating this the week of September 10th through the 15th. There are special events that have been planned for that week. Two new programs will start that week – haircuts and pedicures & manicures. In addition there will be a theme each day, so put aside your jelly bean colored clothing, hats, crazy summer tops, sports outfits, and hippie clothing! There promises to be an ice cream social, popcorn machine and smoothies. Not everything will take place on every day – so if you want to sample it all you will need to come in each day of the week.

In addition, during the celebration week, September 10-15, all of the classes at the Senior Center will be free. I am doing this to encourage individuals to try out a class that they had some interest in but did not want to sign up for the whole month without knowing more. There will also be a giveaway if you come in at least once during the week. A second give away can be earned if you swipe in for at least three separate events during the week (9/10-14). Staff will be available from 9:30 to 11:30 AM, Monday through Thursday, to assist anyone with questions or needing a swipe card. You **must** swipe in to qualify for the giveaways.

**HAVE A SAFE AND
HYDRATED SUMMER!!**

*A Note from Rita Braswell,
MSCA President*

As you may have heard, Jean Ann Kenny and I have been appointed to fill out the last year of Marilyn Gerling's and Chuck Bos-ter's terms.

Since both Jean Ann and I have been around for a lot of years, many of you already know us. Those of you that don't will see us around at meetings, and maybe even stopping to talk to you at lunch or in the hallways.

We'd also like to invite you to drop in on the Friday morning coffee hours that Marilyn and Tom Rogers initiated, and that we intend to start up again in September. It will be very informal, and we hope you'll stop by – just to chat if you're so inclined, or to let us hear your thoughts and suggestions about what role the Association might play in improving its own programs or in supporting the Senior Center in its role.

There's a lot going on out there on the national, state, and local level that will be affecting seniors directly, and we'd better be ready for it all!

Jean and I are looking forward to being with you all in this coming year.

~ Rita

"Dog Days"

(Latin: diēs caniculārēs) are the hottest, most sultry days of summer. In the Northern Hemisphere, the dog days of summer are most commonly experienced in the months of July and August.



Mansfield Senior Center

860-429-0262, ext. 0

Fax: (860) 429-3208

Wellness Fax: (860) 429-3905

E-mail: SeniorCntr@mansfieldct.org
www.mansfieldct.org

Hours: Monday to Friday
8:30 AM to 4:30 PM

Senior Center Coordinator:

Cindy Dainton, 860-429-0262, ext. 9

Senior Services Social Worker:

Barbara A. Winslow, MSW, ext. 1

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

Administrative Assistant:

Linda C. Wohllebe, ext. 3

Receptionist:

Kathy Yaffee, ext. 4

The Municipal Agent for the Elderly, & Director, Dept. of Human Services: Kevin Grunwald, MSW, (860) 429-3315.

Transportation: Dial-a-Ride Transportation & Medical Transport outside the Dial-a-Ride Region: (860) 456-1462, **48 hours** in advance.



Future Events

August 8th:
Movie - "Dolphin Tale"

August 15th:
"Celticity"

Sept. 6th:
Pot Luck Dinner &
Entertainment

September 19th:
Horseracing

October 4th: Flu Clinic
1:00-4:30 PM

December 8th:
Holiday Bazaar

MISCELLANY

Thank You

Many thanks to Jim Campetelle, June Curtis, Beryl Griffin, Sam Gordon, Alice Jansen, and Karen Peters for collating the July issue of *Sparks*. *Thanks so very much!*



Welcome to the
newest members
of the

**Mansfield Senior Center
Association:**

*Kathy Carr, Jackie Heintz
Leslie Moulton, Joyce Brigham
Ray & Marilyn Nurme
Lorraine Eaton, June Knuth
Sheila Musiek*

Have You Updated Your Information at the Mansfield Senior Center Recently?

Please stop by and see a staff member to get your information updated. This is very important in case of an emergency. Thank you.

Sparks Submissions

Please submit your articles for the September newsletter by Aug. 8th.

IN MEMORY OF

**HAROLD MATTERN
JOSEPH LAPLANTE**

Senior Hobby Display Case

Share your talent!

Please call Cindy if you have items you would like to display.

TRAVEL DESK



The Travel Desk
welcomes you to join
us on our 2012 bus trips.

Hours are Monday to Friday, 10:00 AM to noon. Please call 860-429-0262, ext. 6, or 860-429-0180.

****All trips leave from the South Eagleville Fire Department, Rt. 32, Mansfield, CT.**

****All payments must be received two weeks prior to the trip date and checks must be made out to: MSCA.**

Tuesday, August 14th: ***"Odyssey Luncheon Cruise on Boston Harbour."*** Payment for this trip is due now! Trip is full but you may be put on a wait list. Depart 9:00 AM.

Tuesday, September 18th: ***"Grand Ole' Opry"*** at the Log Cabin with stop at Christmas Tree Shop. Luncheon menu of Southern fried chicken, dessert, and petite bottle of wine. \$94.00 pp. Departs 8:00 AM. Deadline: September 4th.

Wednesday, October 24th: ***"Germanfest"*** at Historic Williams Inn in Williamstown, Mass. All you can eat German buffet, with German beer and wine by the glass. German entertainment and lot's of fun! \$76.00 pp. Departs 8:30 AM; returns 6:00 PM. Deadline: October 10th.

Wednesday, November 7th: ***"Patsy Cline Tribute"*** at the Log Cabin with stop at the Christmas Tree Shop. Complete luncheon of Chicken Francaise and Pork Dijonnaise with a petite bottle of wine. Departs 8:00 AM. Deadline: October 24th.

"NEW TRIP" Tuesday, November 13, 2012: ***"Vegas Comes to Connecticut"*** at the Aqua Turf Club with a family style menu of salad, pasta, sliced roast beef, chicken marsala, potato, vegetable, and dessert. See Vegas impersonators to include Elvis Presley (*that's right, baby!*), Cher, Marilyn Monroe, and so many more! This package for only \$67.00 p/p includes roundtrip motor coach, Vegas impersonators show, fabulous family style luncheon, meal tips & taxes, and driver gratuity. Departs S. Eagleville Fire Dept. at 10:00 AM; ETA: 4:00 PM. Deadline: Oct. 30th.

Genealogy Group

The Genealogy Group with Helen Collins meets on Tuesday, August 7th, at 10:00 AM. Everyone is welcome to this informal group, no matter what your level of genealogy is. Join us!

Join us **"At the Movies"**
Wednesday, August 8th
following the
Association Meeting
(1:00 PM)



Refreshments Available

Barbara A. Winslow, MSW, Senior Services Social Worker

Barbara is available at the Wellness Center Mon., Wed., Thurs., and Fri.'s from 8:30 AM-4:30 PM, to assist you with information, assessments, and referrals to community services, as well as short-term counseling free of charge.

Dear Members,

Every summer I feel that I have a responsibility to warn and educate people to avoid dehydration. Because of hot temperatures, we sweat more. When we sweat more, we lose water. We lose water from the simple act of breathing, sweating, and elimination of body waste. We also lose fluid secondary to medication or diuretics, blood loss, and diseases such as diabetes. It is imperative to get at least six eight oz. glasses of water each day. The larger you are the more water you may need. Water is the best fluid to replace water loss. Coffee, tea, or beer does not count as a source of fluid as they are actually a diuretic. Symptoms of mild dehydration include dryness of mouth, dry tongue with thick saliva, unable to urinate or passing little urine, cramping in limbs, headaches, sleepiness or irritability, and a general feeling of being unwell. Both dark or bright yellow urine is a visual clue to dehydration. Severe dehydration results in low blood pressure, convulsions, severe muscle cramps, rapid but weak pulse, fast breathing, wrinkled or poor elasticity in the skin, sick to stomach, or bloated stomach. Severe dehydration is a medical emergency and it is necessary to seek medical attention promptly. I feel that it is important to note that, unfortunately as we age, our bodies do not recognize thirst as it used to. I have met many people who tell me just this. I think it is just another thing that we have to train ourselves to do. You know...put the keys in one particular place, take your medication at a certain time, and put our eyeglasses only on the nightstand. I happen to be in training presently...instead of going for coffee number two in the morning, I reach for a glass of water number one!

Peace,

Barbara Winslow



Let's Talk!



Conversations with Betty

Usually the first and third
Thursday of the month from

1:30 to 3:00 PM
(NEW TIME!)

at the
Mansfield Wellness Center

Thurs., Aug. 2nd:
**"The Role of Elders in
Our Culture"**

Thurs., Aug. 16th:
**"Am I Being Assertive
or Aggressive?"**

*Everyone welcome for this
friendly, lively discussion.
Please call Betty at
860-429-6324
if you have any questions.*

BLUEBERRY STUDY

Blueberries must be ordered by
Tuesday, Sept. 4th, 12:00 PM

NO EXCEPTIONS!
Blueberry pick-up is
Friday, Sept. 14th, 11:00 AM

*Blueberries are available to
study participants only;
however, you may become a new
participant in the study by
contacting Howard Raphaelson.*

Meal Program

The TVCCA meal program is subsidized through the Older Americans Act and available to seniors 60 years or older at a suggested donation of \$2.00. Individuals younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal, which is \$7.00. The salad meals are a suggested donation of **\$3.50**. Please indicate on your sign up sheet if you want the salad or the main meal. **Reservations must be made 72 hours in advance by 11:00 AM of that third day (three work days, not counting weekends and holidays).** Guests and new members will need to complete a registration form at the time of their reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

MENU

Wed., Aug. 1: Stuffed Cabbage **OR**
Chicken Caesar Salad

Thurs., Aug. 2: Chicken Veracruz

Fri., Aug. 3: Honey Glazed Ham

Mon., Aug. 6: Salisbury Steak w/Gravy

Tues., Aug. 7: Chicken Alfredo w/Rice

Wed., Aug. 8: Eggplant Rolette **OR**

Egg Salad Plate

Thurs., Aug. 9: Cod Italiano

Fri., Aug. 10: Lazy Man's Lasagna

Mon., Aug. 13: Chicken Marsala

Tues., Aug. 14: All Beef Hot Dog

Wed., Aug. 15: **Special Meal Program**

Thurs., Aug. 16: Meatloaf w/Gravy

Fri., Aug. 17: Chicken Florentine

Mon., Aug. 20: Fish Sticks

Tues., Aug. 21: Swedish Meatballs

Wed., Aug. 22: Chicken Cacciatore **OR**

Chicken Caesar Salad

Thurs., Aug. 23: Cheese Manicotti

Fri., Aug. 24: Sloppy Joe's w/Bun

Mon., Aug. 27: BBQ Chicken

Tues., Aug. 28: Cheeseburger Casserole

Wed., Aug. 29: Cod Newburg **OR**

Greek Salad

Thurs., Aug. 30: Maple Pork Loin

Fri., Aug. 31: Baked Ziti w/Sausage

WELLNESS PROGRAMS & SUPPORT GROUPS

Please call Kathy Yaffee at 860-429-0262, ext. 4, Monday through Thursday, 10:00 AM to 2:00 PM, to schedule appointments with the providers listed below, unless otherwise noted.

ADULT HEALTH SCREENINGS by VNA East Nurse Mary Hess. Nominal charges for blood pressure, cholesterol, HDL cholesterol, blood glucose, earwax, and foot care. Checks payable to VNA East. August 2 and 29.

ALZHEIMER'S SUPPORT GROUP with June Dowing from Home Instead Home Care at the Mansfield Wellness Center every second Wednesday of the month from 1:00 to 2:30 PM. This free informative group is open to families, caregivers, and patients alike. The group is scheduled to meet on Wednesday, August 8th.

BLOOD PRESSURE SCREENINGS on the first & third Wednesday of each month at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. August 1st and 15th.

CAREGIVER'S SUPPORT GROUP & LOW VISION GROUP with Barbara Winslow will resume in September.

ELDERCARE LAW with Attorney Gates from CT Legal Services provided free to people 60 years or older, usually the fourth Monday of each month, 1:00-3:00 PM will resume in September.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, August 7th and 28th, beginning at 9:00 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes. Call Kathy for your appointment.

MASSAGE THERAPY with Faith Manning 10:00 AM to 2:00 PM, payable to Faith. Please make your appointment with Kathy Yaffee. For August, the dates are the 1st and 15th.

M.S. SUPPORT GROUP normally meets the second Tuesday of each month in the Craft Room from 6:30 to 8:00 PM. The group will resume in September. Please contact Susan Gavitt at 860-423-7413 for further information.

REFLEXOLOGY every other Friday at 10:00 AM with Therese John will resume in September.

** MINI-SPA COMING IN SEPTEMBER **

Haircuts



I am so excited to visit the Mansfield Senior Center to offer \$10.00 haircuts. My name is Michelle DeLuco and I am a licensed cosmetologist, with five years experience, that will be coming in every 2nd Monday of each month from **9:00 AM – 12:00 PM, starting on September 10th**. I offer spray bottle variety cuts, clipper cuts, and eyebrow or beard trimming. Please call Kathy Yaffee at 860-429-0262, ext. 4, to set up your first appointment. I can't wait to meet you!



Nails

I am Hope Charlotte, of Hope and Wellness, and I believe in beauty from the inside out. I have six years experience in Natural Health Care and over three years experience with Pedicures and Manicures, specializing in Elder Foot Care. Come and meet me for an enjoyable Foot or Hand Treatment starting at \$10.00 and up, on the second Monday of every month beginning on **Monday, Sept. 10th, 9:00 AM to 12:00 PM**. Services includes: trimming of toenails, filing, relaxing scrub and lotion. Please call Kathy to set up your appointment. I look forward to meeting you all!

A.A.R.P. Driver Safety Course

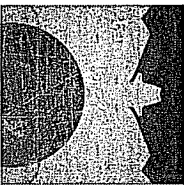

*taught by Lynne White, District Coordinator
at the Mansfield Senior Center*

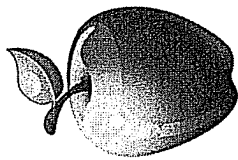
**Tuesday, November 13, 2012
9:00 AM to 1:00 PM**

\$12.00 A.A.R.P. Members (*please bring your card*)
\$14.00 Non-members

Payable to the class instructor at the time of the course; however, please call the Mansfield Senior Center at 860-429-0262, ext.0, to sign up. Class is limited to 25, so please sign up early.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
August 2012 	 <i>Fragrance always clings to the hand that gives you roses.</i>	1. 9:15-T'ai Chi 10:00-Writing Group 10:00-Massage 10:15-T'ai Chi 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 5:45-Ballet-R	2. 8:30-VNA East 8:30-Strength & Stability 10:00-Sparkettes 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Exer. 1:30-Conversation w/Betty 3:15-Senior Aerobics 5:30-BBQ Dinner 6:30-Band	3. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Photo Club 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:00-T'ai Chi	4. Saturday Coast Guard Day ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 5. Sunday
6. 9:00-T'ai Chi 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg 1:00-Beg.'s Tap 5:45-Ballroom-R	7. 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Ways & Means Mtg 10:00-Scrabble / Wii Bowl 10:00-Genealogy 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 2:30-Computer Committee Meeting	8. 9:15-T'ai Chi 10:00-Writing Group 10:15-T'ai Chi 10:15-Executive Meeting 12:00-Causeries en Français 12:00-Lunch 12:45-Association Meeting 1:00-Alzheimer's Support Group 1:00-Movie-Dolphin's Tale 5:45-Ballet-R 6:30-9:00-TNT Quilters	9. 8:30-Strength & Stability 10:00-Sparkettes 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry	10. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:00-T'ai Chi	11. Saturday ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 12. Sunday
13. 9:00-T'ai Chi 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg 1:00-Beg.'s Tap	14. 8:30-Strength/Stability 9:00-Odyssey Trip Lvs 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 2:00-Non-Fiction Book Club	15. 9:15-T'ai Chi 10:00-Writing Group 10:00-Massage 10:15-T'ai Chi 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Special Lunch 12:45-"Celticity" 2:00-Red Hatters 5:45-Ballet-R	16. 8:30-Strength & Stability 10:00-Sparkettes 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Conversation w/Betty 3:15-Senior Aerobics	17. 9:00-Yoga 10:00-Scrabble 10:00-Photo Club 10:00-Knitting & Crocheting 10:15-Zumba Gold 12:00-Lunch 1:00-Duplicate Bridge 1:00-Art Studio 1:00-T'ai Chi	18. Saturday ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 19. Sunday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
20. 8:30-Senior Aerobics 9:00 & 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Program Planning 1:00-Mahjongg 1:00-Beg.'s Tap	21. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 2:00-Non-Fiction Book Club	22. 9:15-T'ai Chi 10:00-Writing Group 10:15-T'ai Chi 12:00-Causeries en Français 5:45-Ballet-R 6:30-9:00-TNT Quilters	23. 8:30-Strength/Stability 10:00-Sparkettes 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Exer. 3:15-Senior Aerobics	24. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:00-T'ai Chi	25. Saturday ~ ~ ~ ~ ~ ~ ~ ~ 26. Sunday
27. 8:30-Senior Aerobics 9:00-T'ai Chi 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg 1:00-Beg.'s Tap	28. 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 2:00-Non-Fiction Book Club	29. 8:30-VNA East 9:15-T'ai Chi 10:00-Writing Group 10:15-T'ai Chi 12:00-Causeries en Français 5:45-Ballet-R	30. 8:30-Strength/Stability 10:00-Sparkettes 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Exer. 3:15-Senior Aerobics	31. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 12:00-Lunch 1:00-Duplicate Bridge 1:00-Art Studio 1:00-T'ai Chi	Saturday & Sunday September 1st & 2nd 

AUGUST BIRTHDAYS

Flower: Sardonyx for Felicity**Birthstone:** Gladiolus for Preparedness

- 1 Pat Allenausburger, Marceline Guhl
Fritzie Mann, Winthrop Smith, Wu Kui Yang
- 2 M. Doris Bachand, Linda Miller, Roy Pettingill
Mary Shinoski, Billie Skelly, Julie Soja
- 3 Marguirete Guilbault, Jeffery Keel
- 4 Theresa Eifler, Mary Fay, Ruth Klemens
Wayne Marcotte, Rachel Sherman, Marion Whitmore
- 5 Kenneth Doeg, James Moran, Elliot Wolk
- 6 Paul Generous, John Lucy, Samuel Shepardson
- 7 Dorothy Blocker, Maurice Elliott, Gertrude Huard
Ferne MacDonald, Doris Palmer, Patricia Stukel
- 8 Frances Anthony, Joan Caler, Frances Little
Joan Nauss
- 9 Thomas Burke, John Elwood, Ruth Penevolpe
Harriet Schneiderman, Camille Turcotte
Jane Waters
- 10 Lorraine Cloutier, Leonard Schneiderman
Leonard Todd
- 11 Floyd Bass, Clara Hutt
- 12 Clemma Gebbie, Andrew Seidl, Jean Williams
- 13 Christine Ashe, Carolyn Haddad, Zenna Rinaldi
- 14 Eugene Ducharme
- 15 Estelle Elliott, Hyunyoung Kim, Irene Mesiti
Dortha Wright
- 16 Don Arsenault, Ralph Bartram, Suzanne Durdan,
Virginia Stallman
- 17 Elizabeth Slater
- 18 Judith Foehrenbach, Nancy Landerman
George Lirot, Carol Menditto, Nickolas Rinaldi
- 19 Ellie Lamb, Ruth Langin, Louise Pikarski
Mary Sederqiest, Lena Sokolovski
- 20 Eva Griffith, Katherine Kenderdine
Howard Raphaelson
- 21 Alison Bevin, Joan Brodeur, Elizabeth Robinson
Edward Soltesz, Norman Thurston, Joyce Watrous
- 22 Lucien Bergeron, Natalie Dodge, John Kim
Peter Marchese, Lucille Nye, Thomas Rogers
Victoria Santi, Milton Stern
- 23 Owen Devereux, Elvin Dickson, Myrtle Moran
Ed Sicard, Feather Spearman
- 24 Jim Findley, Anita Frankel, Richard Miller
- 25 Phillip Maiorana, Bonnie Peabody, Aina Sadeski
- 26 Ann Marie Fortier, Denise Labonte, Philip Secker
Ed Wandersee
- 27 Catherine Butler, Stan Dugan, Carol McMillan
Paul Moews
- 28 Anthony Bussolotta, Jean Lonergan, Marie Long
Patricia Patenaude, Tove Rosado
- 29 Lionel Boudreau, Barbara Doyle, Henry Gantick
Kathryn Kruiy, Beverly Nass
- 30 Elaine Coelho, W. Gates, Margaret Trainor
- 31 Lorraine Jacobson, Deb Morin



Happy Birthday to
John Hutt,
our July Birthday
Lunch Attendee.

A special "Happy Birthday" wish to
Vincent Westlake, who turned
100 years young on July 22nd.

Cards

Duplicate Bridge: June 15, 2015**NS**

- | | |
|----------------------------------|----|
| 1. George Waller & Laida Mead | 59 |
| 2. Jenny Shaffer & Omar Sheppard | 56 |
| 3. Helen Collins & Rita Pollack | 51 |

EW

- | | |
|-------------------------------|------|
| 1. Joe & Mary-Ann Fodor | 48.5 |
| 2. Doris LeDoyt & Anna McLain | 44 |
| 3. Jeanne Haas & Aline Booth | 39.5 |



**MSCA's
37th Annual
Banquet**

*It was as
delicious as it
looks!*



MSCA Computer Learning Center Fall Classes & Seminars

The following classes are \$10.00, payable with registration at the Mansfield Senior Center. If you have any questions, please call the Computer Lab at 860-429-0262, ext. 7, and leave your name and number.

Free Computer Resources: The internet contains innumerable programs and sites that can make many of the things you do every day more pleasant, easier, and often cheaper. In fact, some of the things that are impossible without a computer become possible with one - e.g., keeping up with hometown news when abroad. We will cover many of the most useful resources. Some prior experience with the internet required. Instructor: Jerry Heiss. Dates: Sept. 18, 20, & 25. Time: 10:00 AM to 12:00 PM.

Word: Do you want to write and save a chapter in your diary, type address labels for holiday greetings, prepare a tag sale flier, cut/copy/paste a picture to an email message, **or** add page numbers, a grandson's photo or special characters to a prepared report? Practice in editing and saving your files and folders. You are encouraged to complete a project of your choice. Instructor: Frank Trainor. Date: Sept. 18, 21, 25, 28. Time: 1:00 to 4:00 PM.

Introduction to Computers: For beginners or those seeking more knowledgeable use of the computer. You will learn the basics of keyboard and mouse control. Then we cover the storage system, folder creation, touch on word processing, delve into the internet, tackle e-mail, and explore other forms of communication that the personal computer has to offer. Along the way, you will learn how to personalize the computer and protect it from the internet's bad stuff. The class ends with an exercise in turning the computer into a master music machine for your enjoyment. This class meets five sessions for two hours each. Instructor: Dan Gebben. Date: Oct. 2, 4, 9, 11, & 16. Time: 1:00 to 3:00 PM.

Advanced Internet: Advanced use of the Internet for browsing, buying, selling, research, communicating and general information retrieval. Instructor: George Jones. Dates: Oct 3, 10, & 17. Time: 9:00 to 11:00 AM.

Internet Shopping: Do you want low prices, full information, a full range of choices, and reliable merchants when you buy something? Then don't waste time and gas going from store to store; you will find all of these in one place only on the internet. This course will teach you how to obtain the maximum benefit and avoid the potential downsides of internet shopping. Some prior experience with the internet required. Instructor: Jerry Heiss. Dates: Oct. 9, 11, & 16. Time: 10:00 AM to 12:00 PM.

FREE FALL SEMINARS TAUGHT BY DAN GEBBEN

Buying a Computer: This is so confusing RAM, Processor speeds, AMD, Intel, Hard drives, Laptop, desktop, notebook, netbook one could go nuts just figuring this out. This 2 hour seminar will simplify the process and leave you with some good insight into purchasing a computer for you personal needs. **Date: Sept 28 Friday Time: 10:00 AM to 12:00 PM.**

Buying a Digital Camera: Which one should I get; what make or model and what about Megapixels? Then one has to deal with the extras: memory cards, cases, tripods and batteries. This can get confusing so in this 1 hour seminar I will try to clear the air and make sense of all this. **Date: Oct. 5 Friday Time: 11:00 AM to 12:00 PM.**

NOTE: A full detailed listing of ALL fall classes and seminars are available at the Mansfield Senior Center.

YEAR-ROUND COMPUTER ASSISTANCE

- Free help for PC users with Dan Gebben every Monday from 10:00-11:00AM in the Computer Lab
 - Free "Photo Club" with Dan Gebben every first and third Friday of the month in the Computer Lab from 10:00AM to noon. This is an ongoing club, and all are welcome to attend.
 - Free help for Mac users. Call Frank Trainor or Mike Palmer at 860-429-0262, ext. 7, to make an appointment. Please leave your name and phone number.
-

"If I Exercise Today, I Will be Able to ..."

- ◆ Increase and maintain bone density and prevent osteoporosis.
- ◆ Improve mental acuity and make better decisions.
- ◆ Reduce and prevent the risk of various cancers (including colon, breast, uterine), stroke, diabetes, heart attack, heart disease, and arthritis.
- ◆ Live a stress-free life.
- ◆ Improve the overall quality of my life.
- ◆ Become more agile and feel "lighter."
- ◆ Become happier, and have a better outlook.
- ◆ Take anywhere from five to 10 years or more off my age, in terms of my appearance, and the way I feel.
- ◆ Improve blood circulation and oxygen to my vital organs.
- ◆ Eat the foods I love (in moderation) without gaining weight.
- ◆ Experience a new sense of well-being.
- ◆ Increase energy and endurance levels.
- ◆ Live longer, healthfully.
- ◆ Experience physical and mental rejuvenation.
- ◆ Feel good about my body and improve my self-esteem
- ◆ Attain permanent weight management.
- ◆ Improve skin tone and color.
- ◆ Smooth cellulite and improve skin texture.
- ◆ Eliminate depression.
- ◆ Strengthen, repair and boost immune function.
- ◆ Lower blood pressure.
- ◆ Improve vision and hearing.
- ◆ Slow the aging process.
- ◆ Improve sexual performance and restore libido.
- ◆ Improve hair growth and luster.
- ◆ Improve the quality of sleep.
- ◆ Improve my overall general health.

~ Submitted by Jim Campetelle

Special Thanks

We would like to thank Sue Carpenter for all the wonderful garden work she has done outside our building, to include planting, preening, weeding, watering, and killing off that nasty poison ivy!

Thanks so much, Sue!

Speak Up! Speak Out!

Do you have any comments, articles, a favorite poem, etc., you would like to see in the *Sparks*? Please see Kathy Rule, or leave a message at 860-429-0262, ext. 5. She will return your call as soon as she can. Thank you.


Where's Waldo?!

"Hidden Item" Entry Form

Name: _____

Phone #: _____

Correct Page & Answer #: _____

Hidden Item: the item 

Find the hidden item listed below somewhere in this issue, and send in the answer on the entry form to: Mansfield Senior Center/MSCA, 303 Maple Road, Storrs CT 06268, by Sept. 7th, or drop in the box at the Front Desk, in order to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries, and that person will win a free lunch on the Association at the Mansfield Senior Center. The August winner will be announced in the Sept. issue of *Sparks*. Please, only one entry per person. Good luck!

July's Winner:
Madelyn Mackovich

Congratulations!

FULL PAGE FOR ADVERTISEMENTS

Please Don't Leave Us!**Sparks Subscribers:**

Please check the expiration date on your *Sparks* mailing label. If your date is underlined in pink, your *Sparks* subscription has expired. We ask that you please complete the subscription form to your right and mail back to us with payment as soon as possible so that you may continue to receive future issues of the *Senior Sparks* newsletter.

Please note, effective September 1, 2012, there will be a fifty cent charge to pick up the monthly issue of the *Sparks* at the Front Desk. This was decided due to the rising cost of having the newsletter printed. We are sorry for the burden this may cause some people.

Thank you, Kathy Rule

Yes! Please renew my Sparks subscription!
(Covers period July 1, 2012, to June 30, 2013)

(PLEASE PRINT)

Date: _____ Phone: _____

Name: _____

Mailing Address: _____

Town: _____ ZIP: _____

Renewal: _____ New Subscription: _____

\$7.00 - Bulk issues or \$10.50 - First Class

Amount Enclosed: _____
(checks payable to: **M.S.C.A.**)

**Mansfield Senior Center
303 Maple Road
Mansfield-Storrs, CT 06268**

SENIOR SPARKS

**Mansfield Senior Center
303 Maple Road
Storrs/Mansfield
Connecticut 06268**



NON-PROFIT ORGANIZATION
PRE-SORT STANDARD #57
U.S. POSTAGE **PAID**
STORRS/MANSFIELD CT

Occupant or

PLACE TOP OF LABEL
BY THE DARK LINE